

Youth Bike Classes

Ped Power to School

What does it take to ride your bike/walk to school? Map out the best (safest) route by bike, foot or scooter; lock up effectively; fuel your bike and body. Classroom only; no bikes required.

9 to 15 yrs: Aug 3, Wed, 9am-11am 326033.1
Location: Stephen Day Park, East shelter

9 to 15 yrs: Aug 12, Fri, 9am-11am 326033.2
Location: Blue Skies Park, West shelter
Fee: \$10 resident/\$12.50 non-resident

Safe Routes to School

Prepare to return to school and ride/walk all year long with the safest route; where/how to commute with your child for maximum safety and FUN! Includes: routing, bike/helmet checks, overcoming challenges, and MORE! Parents/guardians attend with child(ren).

5 to 10 yrs: Aug 3, Wed, 11:30am-1:30pm 326032.1
Location: Stephen Day Park, East shelter

5 to 10 yrs: Aug 12, Fri, 11:30-1:30pm 326032.2
Location: Blue Skies Park, West shelter
Family Fee: \$15 resident/ \$18.75 non-resident



Adventure Bike Camp

Have fun while improving bike handling skills and learning the Rules of the Road! Learn the pre-ride ABC Hand Check, how to repair a flat tire, and how to ride with traffic on residential streets and on the greenway system. A bicycle safety check, performed by a bike shop before the camp, and CPSC approved bike helmets are required.

8 to 11 yrs: Jun 6-10, Mon-Fri, 9am-12pm 326014.1
Aug 1-5, Mon-Fri, 9am-12pm 326014.2

Instructor: Buzz Feldman, LCI –Certified Bicycle Safety
Location: Roosevelt Park Pavilion, 785 8th Ave
Fee: \$80 resident /\$100 non-resident

Kids Triathlon- GEAR UP!

Put your mind at ease and prepare your racer for riding the streets during the Longmont Kids Only Triathlon. Youth will learn bicycle safety, race preparations, how to maneuver around corners, conquer hills, and breaking.

6 to 10 yrs: Jun 3, Fri, 4-5:30pm 326026.1
Location: Centennial Pool parking lot, 1201 Alpine St.
Fee: \$12 resident/15 non-resident

Bike Rodeo

Bring the bikes out! Try your abilities with various skills and drills to learn and increase safety skills. Learn to ride with others, while in traffic, or along the greenway. Bring your bike and wear a helmet. There will be goody bags!

4 to 10 yrs: Jul 18, Mon, 9-12pm 326031.1
Location: Izaak Walton Clubhouse, 18 S. Sunset St.
Fee: FREE - please pre-register

Adult Bike Classes

Biking for the “re” Beginner

No fancy bikes or lycra required! Two hours of classroom time + two hours “on the road”, to get the “re-beginners” back into biking. Basics plus: gearing, where to ride, and safety checks. Bring your bicycle and helmet. Contact instructor, Lauren.greenfield@longmontcolorado.gov, to borrow a bicycle.

18 & up: Jun 8, Wed, 8:30am-12:30pm 327034.1
Location: Lefthand Creek Park, West Shelter

18 & up: Jul 6, Wed, 8:30am-12:30pm 327034.2
Location: Loomiller Park, North Shelter
Fee: \$25 resident/ \$31.25 non-resident

Rusty Dusty Riders!

Calling all seniors who have a rusty, dusty, bike, or perhaps YOU feel rusty and dusty riding your bike! We will start slow, review basics, perform safety checks, choose routes, and finish up with a comfortably-paced ride. Bring your bike and helmet.

50 & up: May 18, Wed, 8:30am- 11am 327035.1
Jun 22, Wed, 8:30am-11am 327035.2
Jul 20, Wed, 8:30am-11am 327035.3

Location: Roosevelt Park, Old Stone Pavilion
Fee: \$15 resident/ \$18.75 non-resident
All 3 Classes: \$30 resident/\$37.50 non-resident

Ped Safety

Walking in Longmont can be enjoyable and FUN. Learn tips to safely choose your route, be seen by drivers, and walk with others. Class contains informational lecture followed by a short “walk about” to identify optimal walking conditions, and practice what you’ve learned!

16 & up: May 10, Tue, 5:30-7:30pm 327036.1
Location: Thompson Park, North Shelter

16 & up: May 26, Thurs, 8:30-10:30am 327036.2
Location: Collyer Park, North Shelter
Fee: \$15 resident/ \$18.75 non-resident

Creative Commuting

Navigate your way and feel safe out of your car by foot, bike, or bus around the City of Longmont and beyond! Creative commuting will allow you to bus/bike or drive/ride safely. (No bike required)

16 & up: May 25, Wed, 5:30pm-7pm 327033.1
Location: Willow Farm Barn, 901 S Fordham St

16 & up: Jun 10, Fri, 5pm-6:30pm 327033.2
Location: Thompson Park, North Shelter
Fee: \$15 resident/ \$18.75 non-resident

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Aug 12, Fri, 5-9pm & Aug 13, Sat, 9-5pm 311224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

Mommy & Me - Intro Horses

Young children learn about horses with a parent (or grandparent). Includes safety discussion, hands-on time learning to brush and interact with the gentle horses, and riding. Each child has a turn to ride with their parent leading their horses on a lead line. Important Safety Rules: No younger siblings in strollers or worn in carriers. Parent must remain with child and be very hands on at all times.

2 to 4 yrs: May 14, Sat, 4-5:30pm 345901.S1
Aug 27, Sat, 4-5:30pm 345901.S

Lil' Buckaroos Camp

Campers learn about, interact with, and RIDE the horses each day while learning and practicing safety around horses and around the ranch. They will try out some ranch chores and have special ranch fun! Activities are all age appropriate.

5 to 7 yrs: Tue-Thurs, 10:30am- 2pm Basic code:
Weekly sessions available June7-Aug 4. 346904
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$140 resident/\$175 non-resident

Intro to Horses and Riding

Discussions on Horse Safety, personalities & care. Most of the class will be "Hands On" learning to brush and groom the gentle horses. Riding time has the kids taking turns riding the horses. Wear closed shoes and long pants. Riding helmets provided.

5 to 7 yrs: May 7, Sat, 4-5:30pm 246901.B
Jun 11, Sat, 4-5:30pm 346901.A
Fee: \$35 resident/\$42 non-resident

8 to 14 yrs: Jun 4, Sat, 4-6pm 346902.A
Aug 6, Sat, 4-6pm 346902.B
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$46 resident/\$55.25 non-resident

Horse Camp for 8-14

Have your own horse for a week! Campers are matched with a horse and learn care, responsibility, and safety around horses. Two riding lessons each day: English or Western style - camper's choice. Additional information emailed.

8 to 14 yrs: May 30-Jun 3, M-F, 9:30am-2:30pm 346903.05
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$380 resident/\$475 non-resident

Intro Horse n Riding

Basic Safety Issues, horse personalities, horse care, and riding will all be discussed in this class. Each participant has 60 minutes of riding time in a Group Lesson. Overcome any potential fear or anxiety with these gentle animals.

15 & up: Aug 20, Sat, 4-6:30pm 347901.A
Location: Sun Pony Ranch, 18490 County Rd 1
Fee: \$60 resident/\$72 non-resident

Child & Youth Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

*No class July 4

6 to 9 yrs: 6-7 pm
Beginner Apr 11-May 9, Mon 217346.B1
Apr 12-May 10, Tue 217346.B2
Jun 6-Jul 11*, Mon 317346.B1
Jun 7-Jul 5, Tue 317346.B2
Jul 18-Aug 15, Mon 317346.B3
Jul 19-Aug 16, Tue 317346.B4

Intermediate Apr 13-May 11, Wed 217346.I1
Jun 8-Jul 6, Wed 317346.I1
Jul 20-Aug 17, Wed 317346.I2

10 to 14 yrs: 7-8 pm
Beginner Apr 11-May 9, Mon 217347.B1
Jun 6-Jul 11*, Mon 317347.B1
Jul 18-Aug 15, Mon 317347.B2
Apr 13-May 11, Wed 217347.I1
Jun 8-Jul 6, Wed 317347.I1
Jul 20-Aug 17, Wed 317347.I2

6 to 14 yrs: 6-7 pm
Advanced Apr 14-May 12, Thurs 217347.A1
Jun 9-Jul 7, Thurs 117347.A1
Jul 21-Aug 18, Thurs 117347.A2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$50 resident/\$62.50 non-resident

Tree Climbing with Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing experiences using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Wear long pants, sturdy shoes, and bring gloves if you've got 'em!

7 & up: Apr 9, Sat, 12:30-3pm 226021.1
May 14, Sat, 12:30-3pm 226021.2
Jun 11, Sat, 12:30-3pm 326021.1
Aug 13, Sat, 12:30-3pm 326021.3

Instructor: Harv Teitelbaum
Location: Thompson Park, 4th & Bross St
Fee: \$35 resident/ \$43.75 non-resident

Sailing Camp with ABLE to SAIL

ABLE to Sail is a super-fun, 4 day, adventure and youth empowerment camp! Learn the basics of sailing, with the extra element of shifting negative thought patterns into an empowering mindset of possibility; replacing, "I can't and I'm not," with "I AM and I CAN!"

11 to 18 yrs: Jun 20-23, Mon-Thurs, 10am-4pm 326025.1
Jul 18-21, Mon-Thurs, 10am-4pm 326025.2
Instructor: Diane McKinney, US Sailing Certified Instructor
Location: Union Reservoir Pavilion,
0461 Weld Country Rd 26
Fee: \$295 resident / \$368.75 non-resident



Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? These individual or small group 1-hour training sessions are personalized to you and cover climbing safety, beginner through advanced techniques, as well as personal climbing analysis and training. For information or to schedule, email Rebecca: lynch-rebecca@hotmail.com

All ages: Longmont Recreation Center, 310 Quail Rd

One Participant Fee:

1 Hour Session	\$30 resident/\$39 non-resident
5 Hour Sessions	\$125 resident/\$156 non-resident

Two Participants Fee:

1 Hour Session	\$40 resident/\$50 non-resident
5 Hour Sessions	\$175 resident/\$219 non-resident



Parent-Child Climbing Class

This class introduces very young children to the world of rock climbing! Children learn to trust the climbing system as well as basic climbing techniques. Parents learn about safety and encouraging their young climbers. (NOTE: This is NOT a technique course for adults.) *No Class July 2-3

3 to 5 years with an adult: 9-10 am

Dates:	Apr 16-May 14, Sat	217345.S1
	Apr 17-May 15, Sun	217345.U1
	Jun 4-Jul 9*, Sat	317345.S1
	Jun 5-Jul 10*, Sun	317345.U1
	Jul 23-Aug 20, Sat	317345.S2
	Jul 24-Aug 21, Sun	317345.U2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident/\$62.50 non-resident

Adult Climbing Clinics

These clinics cover climbing safety with a partner (clinics have a minimum of 2 participants).

Top-Rope Belay Clinic teaches belay techniques, gear use, commands, and safety.

Lead Belay Clinic includes lead climbing and belay techniques, gear use, commands, and safety.

Intro to Outdoor Climbing Clinic prepares you to climb outside (with an experienced climber or guide). Covers differences in indoor and outdoor climbing and safety preparedness skills.

15 & up Clinics:

Top-Rope	Apr 15-22, Fri, 6-8pm	217348.T2
	May 13-20, Fri 6-8pm	217348.T2
	Jun 17-24, Fri 6-8pm	317348.T1
	Jul 22-29, Fri 6-8pm	317348.T2
Lead Belay	Jun 3-10, Fri 6-8pm	317348.L1
	Aug 5-12, Fri 6-8pm	317348.L2
Outdoor	Apr 29-May 6, Fri, 6-8pm	217348.D1
	Jul 8-15, Fri 6-8pm	317348.D1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$40 resident/\$50 non-resident

Adult Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once!

15 to Adult: 7-8 pm

Beginner	Apr 12-May 10, Tue	217344.B1
	Jun 6-Jul 5, Tue	317344.B1
	Jul 19-Aug 16, Tue	317344.B2

Intermediate/Advanced:

	Apr 14-May 12, Thurs	217344.A1
	Jun 9-Jul 7, Thurs	317344.A1
	Jul 21-Aug 18, Thurs	317344.A2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$65 resident/\$81.75 non-resident

Themed Weekend Canoe Trips

No previous canoeing experience required—suitable for beginners. Centennial Canoe provides boats, meals, and guides. Bring a tent and sleeping bag (rentals available). Fee nonrefundable if cancelled less than 2 weeks prior to trip. Ages 6-17 must be accompanied by an adult. After registration, details and meeting location will be emailed to you!

Instructor: Centennial Canoe Outfitters, Inc.

Canoe and Hike the Gunnison River

Paddle through the canyons of the Gunnison River, and take in the immensity of geologic time and the silence of the wilderness. Time permitting; hike Dominguez Canyon Wilderness Area, complete with a 40-foot waterfall, secluded swimming holes, and numerous ancient Indian petroglyphs.

6 & up:	Jun 10-12, Fri-Sun	
Fee/Code:	Ages 13 & up:	\$379 326041.1A
	Ages 6 to 12:	\$339 326041.1B
6 & up:	Jul 30-31, Sat-Sun	
Fee/Code:	Ages 13 & up:	\$274 326041.2A
	Ages 6 to 12:	\$249 326041.2B

Star Gazing Canoe Trip- Colorado River

The wilderness night sky is unbelievably brilliant and you'll be amazed at all the constellations. Our astronomy expert will make sure that you don't miss one falling star! Includes a night at Fiske Planetarium on Aug 30.

6 & up:	Sept 3-5, Sat-Mon	
Fee/Code:	Ages 13 & up:	\$394 326043.1A
	Ages 6 to 12:	\$354 326043.1B

Canoe 'n Brew -

Beer Tasting on the Gunnison River

This trip encompasses the Escalante/Dominguez Canyon Wilderness Area with petroglyphs, waterfalls, and great hiking! Each evening, sample a variety of craft beers from Boulder Beer, Boulder's first microbrewery.

21 & up:	Aug 12-14, Fri-Sun	\$379 326042.1A
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